

HAWAII MARINE SPORTS

HAWAII MARINE C SECTION

JUNE 15, 2007



Cpl. Mark Fayloga

Jorge Loera, MAG-24 outside hitter, returns a serve during an Intramural Volleyball League regular season game at the Semper Fit Center gymnasium Tuesday. MAG-24 won the match against Health Clinic A in back-to-back sets.

MAG-24 takes match against Health Clinic A

Cpl. Mark Fayloga
Press Chief

With superior athleticism and strength above the net, Marine Aircraft Group 24 (4-1) won back-to-back sets to claim match victory over Health Clinic A (2-2) during an Intramural Volleyball League regular season game at the Semper Fit Center gymnasium Tuesday.

MAG-24 took the first set 25-0 and, after a slight rally by Clinic late in the second set, finished them off claiming the match victory 25-23.

Clinic came into the game with two wins, but, according to their coach, they're about having fun more than racking up checks in the win column.

"(The league) is more about fun, not so much competition for us," said Joshua M. Laviolette, Clinic's coach. "What it boils down to is having a smile on your face and leaving with new friends."

Despite having players with prior competitive experience,

MAG-24's coach, Marvin M. Sablan, shared Laviolette's sentiment about having fun.

"We come out for fun," said Sablan about his players. "A lot of us are experienced players, a higher caliber, but mostly we just wanted to get back on the court. It's for the love of the game and trying to get the volleyball spirit up."

Sablan said he hoped to raise the volleyball spirit, because he believes popularity for the sport on base has been dying out.

"The interest in volleyball for the base is at a low right now," Sablan said. "There are a lot of good players on base, it's just hard to get them to come out. It may be because of people missing from deployments."

During the first set, both teams seemed a bit rusty and swapped point for point until MAG-24 warmed up and took the score from 10-10 to 11-10 and then ultimately took the set, 25-0.

"It's a warm-up match," said Laviolette, of the first set. "Hopefully we'll pick it up and have these next two games."

After loosening up in the first set, Sablan was fairly confident



Cpl. Mark Fayloga

Brian Petry, Health Clinic A right side blocker, spikes the ball during an Intramural Volleyball League regular season game at the Semper Fit Center gymnasium Tuesday.

his team would take the match in the second set.

"We're warmed up a bit now," Sablan said. "There were some jitterbugs but they're coming around. I would think we should take it in two, unless (Clinic) steps up their game."

The second set was dominated by MAG-24. Late in the set, Clinic had a small rally, bringing themselves within a point of MAG-24, 23-24. But, MAG-24 was able to put a stop to the rally and claim victory.

Sablan said he was pleased with his team's win but admits room for improvement.

"We're still trying to build team chemistry," he said.

He said he feels if he can manage to maintain the same set of players all season, MAG-24 will be a top contender.

"As the season progresses, if we can keep the team we have now, we should have a good chance competing at the top," Sablan said. "We should do well overall."



Lance Cpl. Edward C. deBree

Marine Aviation Logistics Squadron 24's Michael Seely slides into home plate, June 11, as Good Timers' catcher Rashaun Harris prepares to tag him out at Riseley Field here. Seely was able to pull off the slide as the umpire yelled "SAFE."

MCAF crushed by MALS-24, 13-3

Lance Cpl. Edward C. deBree
Combat Correspondent

Marine Aviation Logistics Squadron 24 overwhelmed the "Good Timers" of Marine Corps Air Facility with powerhouse batting and solid pitching, 13-3, in an Intramural Softball League regular season game at Riseley Field here Monday.

The Good Timers seemed to have the game in the bag as they put three runs on the scoreboard at the top of the second inning, leading onlookers to believe they would come out on top in this game, but it was MALS-24 that had them fooled.

After MALS-24 let the Good Timers gain a three run lead, they put the pedal to the metal to show they came for the win.

"We're a competitive team and we came here to win," said MALS-24 coach Alan Rollins. "We don't need to work on anything because we're going to leave with the win, that's all that there is to it."

Rollins' words marked the beginning of an onslaught MALS-24 would bring upon the Good Timers.

With the Good Timers' inability to throw



Lance Cpl. Edward C. deBree

Good Timers' pitcher, Nick Janey, tosses the ball toward MALS-24's Daniel Bear, June 11, in an attempt to strike them out at Riseley Field.

EasyRiders cruise to victory over VPU-2, 2-1

Pfc. Brian A. Marion
Combat Correspondent

With two goals in the second half, Helicopter Anti-Submarine Squadron Light 37 EasyRiders beat Special Projects Patrol Squadron 2, 2-1, during an Intramural Soccer League regular season game Monday at Pop Warner Field here.

Jose Vargas, EasyRiders' coach and midfielder, scored the winning goal toward the end of the game with a kick to the top corner of the goal post.

Before the game, Vargas said he felt confident in his players' abilities.

"I have a great squad that is willing to play hard and as a team," Vargas said. "Our potential could be great enough to go deep into the playoffs."

Coach Eli Gonzalez, VPU-2, shared Vargas' sentiments for his own team, even though his team had been changing players since the beginning of the season.

"We have been receiving new players from units returning from deployments," Gonzalez said. "We are continuing to play together, and are building team coordination."

Both the offense and defense of both teams played well in the first half with the EasyRiders only giving up one goal from a cross-over assist toward Mario Penaranda, VPU-2 forward, who kicked the ball to the left side of the goal. The score at the end of the first half was 1-0.

The second half saw the intensity and the pressure from both teams increase. Numerous attempts to score

were made by both sides, but the EasyRiders were able to keep the pressure up.

The EasyRiders were able to tie up the score with a penalty kick by Brett Stevenson, center midfielder, near the beginning of the half. Later in the half, Vargas went up against two players of the opposing team, and kicked the ball into the top corner part of the goal

winning the game with a final score of 2-1.

Vargas knew how well his team worked together and what his team needed to do in order to win the game.

"We have a solid team with a good bench," Vargas said. "All we needed was emotion. We brought that emotion in the second half and with it came our intensity."



Pfc. Brian A. Marion

Jesus Leal, EasyRiders defender, keeps his eye on the ball as he throws it to one of his teammates during an Intramural Soccer League regular season game against VPU-2 Monday at Pop Warner Field.

See **SOFTBALL, C-2**

Semper Fit Classes

Cardio Kick

If you’re trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Stretch/Flexibility Training

Reach for those toes. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those over-worked muscles. Stretch is a great way to reduce your chances of getting injured from tight muscles.

Core Conditioning

Ever wanted a stronger core? This 30-minute abdominal and back class will help you to develop a stronger core through various abs and back exercises.

Cycling

Tired of those boring 3-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes that help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you peddle off the pounds.

Cycle Express

For a high-intensity workout, try this one-hour class. It is sure to challenge your endurance levels through the use of various interval trainings while riding on a bike.

Gut Cut

You’ve heard the stories. Come experience it for yourself – or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step it Up

Step it up is a challenging 45-minute to one-hour step class incorporates one, two, or multiple steps with fun and choreography.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Strength and Conditioning

Geared toward active duty personnel who get up early. This class focuses on strengthening the body utilizing hand weights, steps, bands and balls. This is a great alternative to running, running, and more running.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

Semper Fit Center Offers Array of Group Exercise Programs

New classes are now being offered and include a variety of workouts.
The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Lance Cpl. Edward C. deBree

Marine Aviation Logistics Squadron 24 first baseman, David Waller, reaches to catch the ball, June 11, to try to tag out the Good Timers’ Jason Backhaus at Riseley Field here. MALS-24 took the victory with a 10-point spread.

SOFTBALL, from C-1

the ball to their target, the players from MALS-24 took the opportunity to steal every base they could and slide into home.

In the fifth inning, power-hitter Michael Seely took a chance and stole home. He slid past Good Timers catcher Rashaun Harris to bring the score to 10-3.

Justin Ward put the nail in the coffin at the end of the sixth inning by hitting a homerun and bringing in three runs, 13-3.

“We were hitting tonight and had some stellar pitching,” Rollins said. “We came here to win and that’s what we did.”

Daniel Bear, MALS-24 pitcher, said the Good Timers didn’t seem to come into the game to win.

“They came here to have fun and that’s what they accomplished, but they had too much fun and that cost them the game,” he said. “I don’t pay attention to the score when I’m playing because whether we’re winning or losing I play the hardest I can to ensure we win.”

Players from the Good Timers agreed they didn’t have what it took to defeat MALS-24.

“This whole game was based on errors and stupid decisions on our part,” said Good Timers’ pitcher Nick Janey. “We need to work on a few things especially batting. Our hits weren’t there. That could’ve helped us.

“Next game we’ll put ‘Plan B’ into



Lance Cpl. Edward C. deBree

MALS-24’s Daniel Bear and Brian Lugavere congratulate each other after the two worked together to tag out a runner from MCAF’s Good Timers.

action and throw in the ‘A Team.’ The comeback tour is about to commence.”

For now the Good Timers will heal from this loss, while MALS-24 adds another tick to their 13-6 record.

“We may have lost a few games but

we’re undefeated in our hearts,” Bear said. “The only reason we lost those games was because we just weren’t feeling those games. If we had a little more fan support that helped motivate us, we will take the title.”

Kick it up



Jeremy Biederman, VPU-2 player, kicks the ball to his teammates during an Intramural Soccer League regular season game against HSL-37 Monday at Pop Warner Field.

Pfc. Brian A. Marion

SPOTLIGHT ON SPORTS

2007 Intramural Standings

Softball

TEAM	WINS	LOSSES
CSSG-3	21	1
HQBN	14	6
2/3 "WEAPONS"	13	7
MALS-24	13	7
3RD RADIO BN	12	8
VP-9	8	9
HSL-37	9	11
VP-47	8	12
2/2	7	12
MCAF "BYE WEEK"	5	15
MALS-24 "SUPPLY"	6	15
MCAF "GOOD TIMERS"	4	16

Standings as of June 11



Volleyball

TEAM	WINS	LOSSES
HEALTH CLINIC #1	3	0
FED. FIRE DEPT	2	1
HEALTH CLINIC #2	2	1
MAG-24	2	1
PMO "HQBN"	0	3
HSL-37	0	3

Standings as of June 5



Soccer

TEAM	WINS	LOSSES	TIE	PTS
3RD RADIO BN	7	0	0	14
CSSG-3	5	1	0	10
HQBN	3	4	0	6
VPU-2	2	3	2	6
HSL-37	2	4	1	5
MALS-24	2	4	1	5
VP-9	0	5	2	2

Standings as of June 11

Sports Briefs

5K run/walk at Iroquois Point Island Club in Eva Beach Saturday starting at 8 a.m. Fee is \$22 for military and club members. For information, call 682-6051.

Kaneohe Bay Semper Fit Center basketball and racquetball courts will be closed until Sunday for maintenance. The courts will re-open on Monday. For more information, please contact the Semper Fit Center at 254-7597.

The Women's Softball team meets every Thursday at 6 p.m. at the Annex Field. The team is still looking for players to participate.

Varsity Men's and Women's Basketball coaches are needed. Applications are currently being accepted.

The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of 4 or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments.

All-Marine (Sept. 14-20) MCB Lejeune, N.C.
Armed Forces (Sept. 21-27) NAS Oceana, Va.
CISM (Sept. 30 - Oct. 6) Pretoria, South Africa

Commander's Cup stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	AINOKEA	53	23	640	127	44438	11	Flaming Hookers	38	38	609	150	42961
2	Team Whidbey	47½	28½	584	171	43333	12	Pinheads	37½	38½	544	204	42756
3	Illegal Affairs:ReDux	46½	29½	658	111	44551	13	Effin' H	37	39	590	166	43114
4	Ghost Team	44½	31½	590	166	43300	14	The Untouchables	32	44	469	263	41569
5	3 Putts	43½	32½	557	193	43064	15	Team 3	31½	44½	606	154	35715
6	BANNED	43	33	643	124	43071	16	The Happy Team	31	45	520	222	40265
7	Golden Eagle's	42	34	621	141	43634	17	Da Pin Droppers	27	49	455	274	42463
8	4th Force Recon	42	34	550	198	42744	18	The Blue Ballers	27	49	534	211	39741
9	Team 17	42	34	456	274	42366	19	Big Ern's Kids	27	49	539	207	38021
10	VP-9	41	35	517	225	42458	20	Team Ramrod	22	54	465	266	39407
Results of Last Week's Bowling.....													
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON		Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	3 Putts	742	709	697	2148	0½	<--->	Team 3	742	822	818	2382	3½
3-4	Golden Eagle's	837	838	781	2456	3	<--->	AINOKEA	766	782	793	2341	1
5-6	The Blue Ballers	770	740	722	2232	1	<--->	4th Force Recon	769	766	781	2316	3
7-8	Team Whidbey	755	766	772	2293	4	<--->	Effin' H	748	742	731	2221	0
9-10	Da Pin Droppers	793	790	779	2362	3	<--->	BANNED	773	752	789	2314	1
11-12	Flaming Hookers	753	727	784	2264	3	<--->	Pinheads	741	744	732	2217	1
13-14	The Untouchables	743	787	825	2355	4	<--->	Big Ern's Kids	691	731	758	2180	0
15-16	Team 17	850	752	796	2398	3	<--->	Illegal Affairs:ReDux	730	761	764	2255	1
17-18	The Happy Team	745	810	763	2318	4	<--->	VP-9	682	759	705	2146	0
19-20	Team Ramrod	688	713	685	2086	0	<--->	Ghost Team	711	766	749	2226	4
Last Week's High Scores for Immediate Release													
Scratch Game				Scratch Game				Scratch Series				Scratch Series	
246 Dan Burford				202 John Murphy				620 Jim Martin					
239 Jim Martin				200 Jim Martin				607 Dan Burford					
204 Terry Smith								558 Terry Smith					
197 Melenie Nixon				185 Abby Hammond				556 Melenie Nixon				497 Carey Berky	
192 Melenie Nixon								525 Kumi Martin					



Courtesy photo

A participant in the 2006 National Veterans Wheelchair Games swings at a high ball. This year's wheelchair games will run Tuesday through June 23 at venues throughout the Milwaukee area.

Disabled vets to test limits during wheelchair games

Donna Miles

American Forces Press Service

WASHINGTON — More than 20 veterans injured during combat in Iraq and Afghanistan will join 600 other disabled veterans next week for the 27th National Veterans Wheelchair Games.

The games, sponsored by the Department of Veterans Affairs and Paralyzed Veterans of America, will run from June 19 to 23 at venues throughout the Milwaukee area.

The games are open to all U.S. military veterans under VA care who use wheelchairs for sports competition due to spinal cord injuries, certain neurological conditions, amputations or other mobility impairments.

Participants will compete in 17 competitive events, including track and field, swimming, basketball, weightlifting, softball, air guns, quad rugby, pool, bowling, table tennis, archery, handcycling, wheelchair slalom, power soccer and a motorized rally.

Two exhibition events, trapshooting and wheelchair curling, are new to this year's agenda. Also new this year will be a demonstration track-and-field clinic for athletes able to stand using prosthetic devices.

Aubrey Youngs, a 26-year-old paraplegic who was injured during a deployment to Afghanistan with her Indiana Army National Guard unit, will be among this year's participants.

Youngs made her debut at the games in 2006 and is returning this year to compete in archery, table tennis and pool events.

"I am ready to go for the gold in 2007," she said. "I have been practicing archery for months, but table tennis is my game!"

She called the camaraderie she found at the games as important as the competition.

"It is so nice to get together with people who don't judge you for being in that chair," she said. "It is great to have an opportunity to do normal activities that are

often not available to those of us in wheelchairs."

Also competing for his second year will be Jeff Snover, an Army chief warrant officer who suffered a severe spinal cord injury just three months after returning from Iraq.

Snover said he plans to top his performance at last year's games, where he won gold medals in table tennis and weightlifting and a silver medal in softball. Ultimately, he said, he's set his sights on the 2012 Paralympics.

Like Youngs, Snover said he gained a lot at last year's games through camaraderie with his fellow athletes.

"I appreciated the assistance I got from other veterans when I was a novice, and I hope to return the favor this year," he said.

Former UH-60 Black Hawk crew chief Darrell Lawrence will be a first-timer at this year's wheelchair games. Lawrence was rendered a paraplegic after his unit returned from Iraq and was transferring from Fort Campbell, Ky., to Hunter Army Airfield, in Georgia.

He said he's determined to work through and around his limitations as he competes in air gun shooting, wheelchair slalom, handcycling and two swimming events.

"I have always tried to do my best at anything I commit to," he said.

Lawrence said he was encouraged through his association with other disabled veterans and by watching what they've been able to achieve.

"It is 100 percent motivating and uplifting," he said.

Veterans Affairs Secretary R. James Nicholson, who will open the games June 19, praised the games as an opportunity for disabled veterans to share in the camaraderie of friendly competition.

"The determination, stamina and competitive spirit on display at the games are an inspiration," Nicholson said.



Couresy photo

Participants play volleyball during last year's wheelchair games. This year participants will compete in 17 competitive events, including track and field, swimming, basketball, weightlifting, softball, air guns, quad rugby, pool, bowling, table tennis, archery, handcycling, wheelchair slalom, power soccer, and a motorized rally.

How to help before, after suicide

Staff

LIFELines

Major Warning Signs of Suicidal Youth

Warning signs are a cry for help. The more signs and risks factors observed, the greater the risk of a suicide attempt.

- ◆A previous suicide attempt
- ◆Current talk of suicide or making a plan
- ◆Strong wish to die, preoccupation with death, giving away prized possessions
- ◆Signs of depression, such as withdrawal, moodiness, hopelessness
- ◆Increased alcohol and/or drug use

Recent suicide attempt by a friend or family member

Other Key Risk Factors:

- ◆Easy access to firearms
- ◆Impulsive and takes unnecessary risks
- ◆Lack of connection to family and friends (no one to talk to)

Facts:

◆Suicide is the third leading cause of death among young people 15 - 24 years of age.

◆For every completed suicide there are 50 - 100 attempts.

◆75% of all children and young adults who commit suicide have drugs or alcohol in their blood.

◆The suicide rate for children (10 - 14) and young adults (15 - 24) continues to rise.

◆It is estimated that a child or adolescent will commit suicide every 90 minutes.

How You Can Help:

If you think that a friend is suicidal and want to talk to them about it, the following will help. If you have the opportunity, you may also want to call your local crisis line. They can discuss with you what to say and where to get help.

It is often difficult to take the first step and reach out to someone. You may fear that your friend will be angry or that you may be criticized. Remember: the chance of suicide is real and you have the opportunity to possibly save a life. You wouldn't hesitate to throw your friend a life buoy if he were drowning. Don't hesitate to help with this crisis either.

◆Show you care. Let the person know you care. Talk about your feelings and ask about his or hers. Listen carefully. Some of the things you can say are:

- "I care about you and how you feel."
- "I don't want you to hurt or kill yourself."
- "Tell me what's going on."
- "I'll help you get through this."

◆Ask the question. It is ok to ask if he or she is thinking about suicide. There is a good chance that if you have observed any of the warning signs that they're already thinking about it. Get the conversation started.



File photo

You may want to ask:

"Are you thinking about suicide?"

"Do you have a plan?"

"Do you really want to die or just stop the pain?"

◆Call for help. You have given a sense of hope by showing your concern and listening. Now it is time to call for help. Never be talked into keeping a secret it may be a DEADLY secret. Some of the things you can say are:

"I know where we can get help. I'll go with you or stay with you while we call."

"You're not alone. Let me help you."

"Let's talk to someone who can help. We can call the Crisis line, the Fleet and Family Support Center, etc.

If the person has an immediate plan or access to a gun or other means to kill him or herself, do not leave him or her alone. Get help immediately. Call 911 or the crisis line

It is important to remember that no matter what help you offer you may not be able to prevent a suicide. You do what you can, but it may be too late to reverse the plans and feelings that have probably developed over a long period of time.

After a Suicide

Suicide may end one person's problems, but it is just the beginning of problems, often serious, for others. In case after case, suicide leaves people who are shocked, grieved, guilt-ridden and angry.

The normal course of mourning after a death by suicide may be disturbed by feelings of guilt and anger. Friends don't know what to say. The death may be ignored in a way that a death from any other cause would not be. There is a sense of abandonment. "If he really loved me he wouldn't have killed himself."

What can be done to help people who have lost a loved one to suicide?

◆Show them that you want to help. Be willing to talk to them about their feelings. Remember that they are regular people who are experiencing normal feelings.

◆Help them to normalize their feelings. See that they know the facts about suicide; that it is nobody's fault.

◆Additional help may be needed. The Fleet and Family Support Center, their physician, minister or rabbi, the school counselor or a professional therapist can be contacted.

Survivors of Suicide

There are an estimated 30,000 suicides annually in the U.S. It is estimated that for every suicide there are six survivors. Based on this, there are now at least 4.5 million American survivors of suicide. If you are a survivor, you are not alone.

There are many resources available to survivors. Books, newsletters, support groups, information on the Internet, and professional counseling.

DUI: *Not worth the risk*

Arlene H. Hull

LIFELines

Driving under the influence — what a foolish way to tarnish a shining military career. No matter how unblemished your record has been, no matter how many awards and citations you've received, no matter how close that next promotion is, you may find yourself kissing it all goodbye with a DUI.

"Know when to say when." "Friends don't let friends drive drunk." "No, thanks, I'm the designated driver." We've all heard the advertising campaigns. But are you really listening to the warning they are giving you? Not only in your military career, but also in your everyday life, and quite possibly the lives of others, a DUI can have devastating effects.

This Can Happen to You

Okay, let's pretend that you have heard all the advertising slogans, you've heard others talking about designated drivers, and you've read this article. And you still insist on being irresponsible. You think you can still drive after having a few drinks. You've been out celebrating, having a few drinks with your buddies after work.

You leave the bar and jump into your car. You pull out of the parking lot and head down the road. Wait a minute, was that the curb you just ran over? And, whoa, that was a red light you just ran! Before you know it, there are the flashing blue lights in your rear-view mirror.

You fumble in the center console for some gum or mints or anything that will mask the smell of alcohol on your breath. Don't bother, it isn't going to work. The officer at the window asks for your license, your registration, and your military ID, then asks you to step out of the car. Then it hits you; you're busted. Panic sets in, and you find yourself wondering what will happen to your career and to that promotion you were just months away from.

First Offense

If this is your first offense, you may have the chance to make amends. But there will be harsh consequences. You will receive a traffic ticket for driving under the influence and most likely for that red light you ran. You will lose your drivers license. Your insurance premium will increase. Your car will be impounded, and you will go to jail. Someone will have to come and pick you up, maybe after you've spent the night in jail. You will have to appear in court, before a judge, for sentencing.

In addition to penalties and punishments imposed on you by the civilian authorities, there will be some on base as well. If you were stopped while driving on base, you will lose your driving privileges on base for a period of time, if not indefinitely.

You will have to attend an Alcohol Abuse class on base. Your commanding officer will be notified of your offense and will have the option of imposing any further punishment.

You probably don't need any help to imagine how your spouse, kids, parents, and friends will feel about your being arrested and jailed for drunk driving.

If There's Damage or Injury

The above scenario was assuming that you were alone in your car, no other car was involved, and no one was physically injured. It's a different, even more disastrous story if there is property damage or injury.

If you hit another car, a mailbox, a light pole, a tree or any solid structure and cause property damage, you could find yourself responsible for costly repair costs if your insurance company denies payment as a result of your being charged with DUI. Even if your insurance company does cover the damage, they will likely cancel your coverage.

Second Offense

If this isn't the first time this has happened to you, well, now you have taken the second chance that the Navy or Marine Corps gave you, and you have blown it. This time you probably will be administratively separated from the service. So now your career is gone, probably your driving

privileges, your insurance, and chances are your family. Was it all worth it?

Designated Drivers

The best answer is to be a responsible drinker. Don't drink if you plan to drive. When going out with a group or as a couple, it is important to pick a designated driver in advance. A designated driver is a person who assumes the responsibility of not drinking and for driving everyone else home safely. Check with your local Morale, Welfare and Recreation or Marine Corps Community Services on base to see if they have a Designated Driver Program. If not, see if you can help to organize one. Some local community organizations, such as Mothers Against Drunk Drivers have agreements with local taxi companies or even local police departments to provide transportation for people who have not been responsible drinkers.

Don't Take the Risk

You work hard every day in your service career. You put yourself in harm's way protecting the lives of others. Why not be responsible and do it on the streets as well? Be a responsible drinker; don't take chances with your life or mine.



File photo

Contestants in the Bayfest 2006 Bathtub Regatta paddle with all their might. Nineteen teams entered last year's Bathtub Regatta, but only a few actually made it across the finish line.

If you build it, it may sink

Edward Hanlon V

Marine Corps Community Services

You're a master of the open ocean. You're a sage of the seven seas. You know every knot in the book. You might have what it takes to be a Bathtub Regatta Champion.

The Bathtub Regatta is a hilariously fun competition for all military, dependent, civilian and corporate teams who have created a homemade boat, and are willing to put their maritime craftsmanship best to the test. Splash-off is at 1:30 p.m. at the BayFest waterfront, July 1.

Team up with your family, friends or coworkers and create a four-person crew. Regattas must be self-propelled and created

originally for the race, so no redecorating Auntie's outrigger. Numerous prizes will be awarded from first place to first to sink, funniest design to most creative and more.

"Last year, we had about 75 participants," said Meghan Brophy, Bathtub Regatta Event Coordinator, "and the results were, well, hilarious! There's truly no better way or place to see if you really have what it takes to be a bathtub captain."

Entries need to be placed in advance, so register now at www.bayfesthawaii.com or email the Bathtub Regatta coordinator at brophyme@usmc-mccs.org. For more information, regatta specifications and a complete list of event rules and regulations call 254-7590.

AROUND THE CORPS

Marines win Warriors from Across the Sea challenge

Steven Dinote

Headquarters Marine Corps

MARINE CORPS BASE QUANTICO, Va. — The All-Marine Half Marathon team blazed past the British Royal Navy/Marine team to retake the Warriors from Across the Sea Cup.

The Marine team, comprised of five men and three women, scored the top three men's times and the top woman's time compiling a combined time of 5:12:04 beating the British team by more than 4 minutes at the Plymouth Half Marathon held in Plymouth England, May 27.

Leading the charge for Team Marines was Thomas Kunish, III Marine Logistics Group, Okinawa, Japan, with a time of 1:12:22. Jeremy Brown, Marine Air Control Group 38, Marine Corps Air Station Miramar, rounded out the top six list in second place with a time of 1:14:11, followed by four British Royal Navy/Marines, completing the men's scoring portion of the race. Marine Corps Running Team veteran, Jeff Blackwell, 2nd Marine Aircraft Wing, Marine Corps Air Station Cherry Point, crossed the finish line at 1:17:40.

With only a slim 03:13 lead after the men's competition, it was up to the women runners of Royal Navy/Marine and All Marine Team to determine who would take home the Challenge Cup. As the tension mounted, Jennifer Ledford, U.S. Marine Corps Forces, Pacific, Marine Corps Base Camp Pendleton, fighting an injured Achilles tendon, crossed the finish line 56 seconds ahead of the first Royal Navy/Marine woman, securing the Marines' victory.

Each year, the Marine Corps and the British Royal Navy/Marines take part in the friendly competition at the Plymouth Half Marathon and the Marine Corps Marathon. Since 1995, the Marine Corps has defeated their British counterparts in the Warriors Challenge five of nine times, and have won four competi-

tions in a row. In 2006, at the Marine Corps Marathon, the All-Marine Women Runners defeated their counterparts, as the British Royal Navy/Marine Men claimed victory.

In April, the Marine Corps Boxing Team faced the British Army Air 13 Assault Regiment at Marine Corps Base Camp Lejeune in a competition that ended in a four-four tie.

The Challenge Cup will be up for grabs again at the Marine Corps Marathon in October. Teams for the Army, Navy, and Air Force will also be at the race looking to capture the 2007 Armed Forces Marathon Championship.

For more information regarding the Plymouth Half Marathon, visit www.plymouthhalfmarathon.co.uk. For additional information about the Marine Corps Running Program or the All-Marine Sports Program, contact Steven Dinote at (703) 784-9542 or steven.dinote@usmc.mil.



USMC photo

The All-Marine Half Marathon team blazed past the British Royal Navy/Marine team to retake the Warriors from Across the Sea Cup at the Plymouth Half Marathon held in Plymouth, England, May 27. Team Marine scored the top three men's times and the top women's time compiling a combined time of 5:12:04 beating the British team by more than 4 minutes. Back row from left to right: Steven Dinote, USMC Athletic Director; Joe Puleo, coach; Jeremy Brown; Steve Peterson; Jennifer Ledford; Joseph Louei, local host; Jonathan Douglas, head, HQMC Semper Fit Branch. Front row left to right: Thomas Kunish, Lauren Edwards, Jeff Blackwell.

Bayfest 2007

Float Your Own Boat In The Bathtub Regatta

Call 254-7590 for information

